

# poslink express

Living Positive Victoria's monthly news  
October 2022



The Newsletter of People Living With HIV/AIDS Victoria

## POS LINK

Issue One ♦ Volume One ♦ November 1998

### Up... and raring to go!

There was an atmosphere of great energy and enthusiasm present at the launch of the new People Living With HIV/AIDS Victoria (PLWHA Vic) organisation at Barracuda Bar in Collingwood on July 18. Over one hundred PLWHA, friends and well-wishers attended the function to officially kick-off the new advocacy body for HIV positive people and to meet the newly appointed Executive Officer - Bridget Haire - and the members of the PLWHA Vic Board.

"We were very pleased with this response to the new organisation" said PLWHA Vic President John Dyer, "and for those of us who have been involved in the fairly long and difficult process of drawing up the new organisation's rules, negotiating funding arrangements and carrying over business from the old PLWHA program of the Victorian AIDS Council/Gay Men's Health Centre (VAC/GMHC), it seemed to make effort worthwhile."

#### The benefits of independence

"The benefits for positive people having their own organisation separate from the AIDS Council will be clear to many PLWHA," said Dyer. "While we will always strive to have good collaborative relationships with the major HIV/AIDS organisations in this State, it is very important that we feel totally free to put an independent view on any matter that we think best represents the views of positive people. This may even include criticisms or suggestions for improvement of VAC/GMHC's service delivery for positive people - if members of our constituency were to raise concerns in this area."

"We do expect, though, that our main focus for PLWHA advocacy over the next year will be in trying to improve the quality of service delivery by public health providers, particularly from hospitals and the serious problems which could develop in dental services. We will be trying to see that services



The structural review of the VAC/GMHC created a new HIV Services program which incorporated the former support program with the services provided by the old PLWHA program. This new means that the Treatment Officer, the Peer Support Officer and services offered by the Positive Living Centre are now entered by this new program. The role was transferred to the new independent PLWHA Vic body. It was also

### Poslink Quarterly is turning 100

"There was an atmosphere of great energy and enthusiasm present at the launch of the new People Living With HIV/AIDS Victoria (PLWHA Vic) organisation at Barracuda Bar in Collingwood on July 18."

The first issue of Poslink was published in November 1998. For Spring 2022, 24 years later, we are proud to be publishing the 100th edition. Issue 100 will be a reflection and a celebration of the role that the newsletter has played in our community over the years.

In the lead up to our 100th birthday we have archived and updated the online database of Poslink Quarterly. The collection contains a fascinating and important history of people living with HIV in Victoria, documenting the advocacy, politics, community and strength of our community over the years. We invite you to explore the archive and - if you're not yet a subscriber - sign up to receive the 100th edition to your inbox.

[Read more](#)



### You are invited to our annual general meeting next Wednesday, 19 October

The AGM is a great opportunity to learn about our achievements over the past year and hear about some of our plans for the coming year.

The recipients of the 2022 Positive Community Awards will be announced and outcome of the board election process will be revealed.

Have you cast your vote for the 2022-23 board? In the lead up to the AGM, full members are invited to participate in the election process by voting for their preferred candidates. Voting will close at 5pm Monday 17 October 2022.

[Read more](#)



### Donate to our Holiday Hamper Program and your contribution will be doubled

Living Positive Victoria is celebrating GiveOUT Day on 20 October, a national day of giving that unites rainbow communities across Australia to raise money for LGBTQ+ projects and charities. In the lead up to, and on GiveOUT Day, LPV is raising money to fund our annual Holiday Hamper Project.

The hampers give special hope for individuals and families living with and affected by HIV in Victoria over the holiday period. This year our goal is to distribute 100 hampers to folk in need of your help.

Every dollar donated before 20 October will be doubled by GiveOUT and their partners.

[Read more](#)



## Meet our Board

The Board of Living Positive Victoria is made up of a diverse, passionate and committed group of individuals who come together to provide governance, direction, guidance and inspiration to the operations of the organisation. Over the coming months, you will get to know them a bit better and meet three new members. Here are some words from current Board President, Craig A Brennan.

### Describe yourself in three words.

Decisive, inclusive, thoughtful

### What drew you to joining the board of LPV?

A need to re-connect with community post COVID. In mid 2021 I was looking to join a board - as I believe this is a good use of the skills I've acquired over the course of my career in IT Program Management Having been a client and volunteer since 2016, LPV was my first and the best choice.

### What is your role on the board?

President and chair of the Governance Working Group along with being a floating member of our Fundraising, Strategic Planning and CALD working groups.

### What are your hopes for people living with HIV in Australia today?

A cure, but until then that we lead happy, fulfilled lives.

### How can others with the same hopes contribute to these goals?

Volunteer. I'm a big proponent of volunteering, make the world a better place in ways that meaningful to you.

[Learn more](#)

## Emotional Support & Counselling Options Webinar

Guest speaker Alexandra Storey, an experienced counsellor from Thorne Harbour Health, explains counselling options for your emotional support and answers questions from attendees.



This webinar is part of PWV's regular series of health and wellbeing webinars for women living with HIV and was recorded on Tuesday, 27 September 2022

## Positive Women Victoria webinar 'Emotional Support & Counselling Options' is now available to watch online

Hosted by PWV with guest speaker Alexandra Storey, a counsellor from Thorne Harbour Health, Alex explains counselling options for your emotional support. You will also learn how to access free or low-cost counselling services.

Counselling involves talking with an impartial listener in a confidential, non-judgmental, supportive and respectful environment. Counselling helps you work through issues with increased understanding and it can help you develop greater self-acceptance to make positive life changes and decisions.

This webinar is part of PWV's regular series of health and wellbeing webinars for women living with HIV and was held on 27 September this year. The webinar is suitable and relevant for all people living with HIV.

[Watch the recording](#)



### GenNext: Escape Room

October 22, 3pm - 5pm

Escape Room Melbourne: 12-18 Yarra St, South Melbourne

Celebrate spring with your Gen Next community at Escape Room Melbourne's 'Mine Escape'.

This is a FREE event, with snacks and refreshments included in your ticket. Please make sure you RSVP as soon as possible as spots are limited!

[Register to attend](#)



### Taking Charge: Taking Geelong

October 29, 11am - 2pm

Geelong Gallery: 55 Little Malop St, Geelong

The Taking Charge Peer Support Network is hitting the road!

Join us for a day of art and food as we check out the latest that the Geelong Gallery has to offer. Following the gallery, we'll head down to Wharf Shed on the Geelong waterfront for lunch and a chance to eat, talk, and connect.

[Register to attend](#)



### Camp Seaside

November 4 - 6

Anglesea Recreation Camp

*Expressions of interest are now closed for the 4-6th of November camp.*

Our popular Camp Seaside is back! This round of registrations is closed, but keep an eye out for the next Camp Seaside if you've missed out this time.

[Learn more](#)



### Support Team LPV in the Great Victorian Bike Ride

November 26 - December 4

Living Positive Victoria's vision of a world where people living with HIV live their lives to their full potential, in good health, and free from discrimination comes to life with the participation of the Great Victorian Bike Ride to be held in November 2022.

We have formed a team of riders who will ride on behalf of Living Positive Victoria. We're seeking to raise \$10k to cover the costs of getting the team and support crew to the event and to highlight the fact that HIV is now a manageable condition and that people on effective treatment cannot pass HIV on.

[Learn more](#)

### Positive Reflections: Sharing your journey with the Virus

December 2, 6pm - 8:30pm

Coventry House: 95 Coventry Street, Southbank

How has HIV shaped your life? Join Living Positive Victoria for a three hour workshop as we explore our personal relationship with HIV.

This workshop invites you to trace your evolving experiences of HIV, pre-diagnosis, diagnosis and living with a positive status. We will ask participants to explore and reflect on the ways in which HIV has impacted their lives. With a focus on challenges, misconceptions and building wellbeing, we hope to provide a safe and intimate space for participants to share their personal journeys with other people living with HIV.

[Register your interest](#)



### Save the date: World AIDS Day 2022

World AIDS Day is held on 1 December each year.

Events on the day raise awareness across the world and in the community about the issues surrounding HIV and AIDS. It is a day for people to show their support for people living with HIV.

Save the date for LPV's annual World AIDS Day event on 1 December.

Poslink Express is Living Positive Victoria's monthly update of events, service provision and organisational news. Poslink Express compliments Living Positive Victoria's quarterly newsletter, Poslink, which presents issues-based stories of sector-wide interest, relevant to current and topical themes.